



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #18

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Peach French Toast	Blueberry Oatmeal	Egg and Cheese Bagel	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Pears- canned, unsweetened	Peaches- canned, unsweetened	Blueberries- frozen, unsweetened	Strawberries- frozen, unsweetened	Sliced Apples- fresh
Grains/Bread Component 5x Whole Grain, 0x sweet	Whole Wheat Biscuits (WG)	Whole Wheat French Toast (WG)	Oatmeal (WG)	Whole Wheat Bagel (WG)	Cheerios cereal (WG)
Other Foods 2x Meat/Meat Alternate		**no syrup**		Eggs, Cheese	Peanut Butter
LUNCH	Chicken Nuggets (CN)	Tuna Salad Sandwich (HM)	Chili Macaroni (HM)	Pizza Burgers (HM)	Macaroni and Cheese with Chicken
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mixed Vegetables- canned	Carrots- fresh	Celery- fresh	Green Beans- canned	Peas- canned
4x fresh	Grapes- fresh	Apple Slices- fresh	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain	Breading (CN)	Whole Wheat Bread (WG)	Elbows; Wheat Thins (WG)	Whole Wheat Hamburger Buns (WG)	Macaroni and Cheese
Meat or Meat Alternate 1x highly processed	Chicken Nuggets (CN)	Tuna	Ground Turkey	Ground Turkey	Chicken
Other Foods			Ranch Dressing		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Trail Mix			
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Red, Green, Yellow Peppers- fresh	100% Orange Juice; Raisins- dried			Banana- fresh
Grains/Bread Component 4x Whole Grain, 1x sweet	Wheat Thins (WG)	Life cereal (WG), Kix cereal (WG)	Whole Wheat Graham Crackers (WG)	Whole Wheat Goldfish Crackers (WG)	Vanilla Wafers (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate			Yogurt	Cheese Sticks	
Other Foods					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #18

WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Cheese Muffin			Peanut Butter and Apple Bagel	Parfait
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Peaches- canned, unsweetened	Sliced Oranges- fresh	Pears- canned, unsweetened	Sliced Apples- fresh	Bananas- fresh
Grains/Bread Component 4x Whole Grain, 1x sweet	English Muffin	Whole Wheat Toast (WG)	Whole Wheat Cinnamon Raisin Bread (WG)	Whole Wheat Bagel (WG)	Granola (WG) (sweet)
Other Foods 4x Meat/Meat Alternate	Cheese	Hard Boiled Egg		Peanut Butter	Yogurt
LUNCH	Beanie Weanies	Turkey Sandwich	Chicken and Cheese Burrito (HM)	Tuna Noodle Casserole	Sloppy Joes (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Carrot Sticks- fresh	Salad- fresh	Green Beans- canned	Peas- canned	Zucchini Sticks- fresh
	Grapes- fresh	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Dinner Roll	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Egg Noodles	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate 1x highly processed	Hot Dogs	Turkey	Chicken, Cheese	Tuna	Ground Turkey
Other Foods					Sloppy Joe Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Pineapple- canned, unsweetened		Orange Slices- fresh	Carrot Sticks- fresh	
Grains/Bread Component 2x Whole Grain, 0x sweet		Wheat Thins (WG)	Pretzels	Animal Crackers	Whole Wheat Graham Crackers (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate	Cottage Cheese	String Cheese			Yogurt
Other Foods					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #18

WEEK OF Week 3

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Apple Waffles		Breakfast Burrito	Banana Pancakes	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Applesauce- unsweetened	Apple Slices- fresh	Mango- frozen, unsweetened	Banana- fresh	Grapes- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	Waffles	Kix cereal (WG)	Whole Wheat Tortilla (WG)	Pancakes	Whole Wheat Blueberry Muffins (WG) (sweet)
Other Foods 2x Meat/Meat Alternate	**no syrup**	Peanut Butter	Eggs	**no syrup**	
LUNCH	Fish Sticks (CN)	Meatloaf (HM)	Spaghetti with Meat Sauce	BBQ Chicken (HM)	Chili (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Green Beans- canned	Mashed Potatoes- fresh; Peas- canned	Broccoli- frozen	Carrots- canned	Carrots- fresh
	Pineapple- canned, unsweetened	Orange Slices- fresh	Applesauce- unsweetened	Blueberries- frozen, unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Macaroni and Cheese	Whole Wheat Bread (WG)	Spaghetti	Brown Rice (WG)	Wheat Thins (WG)
Meat or Meat Alternate 1x highly processed	Fish Sticks (CN)	Ground Turkey	Ground Turkey	Chicken	Ground Turkey, Chili Beans
Other Foods			Spaghetti Sauce	BBQ Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk				
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Pineapple- canned, unsweetened		Apples- fresh	Cantaloupe- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Graham Crackers (WG)		Whole Wheat Goldfish Crackers (WG)	Wheat Thins (WG)	Pretzels
Meat or Meat Alternate 2x Meat/Meat Alternate		Cottage Cheese	Cheese Sticks		
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218